



# Hill AFB Family Support Center Monthly Buzz – March 2004



“Strengthening the Air Force Family”

Welcome to the Hill AFB Family Support Center!  
Building 308N, Hours: 0700-1630

Seating is limited! Call early! To sign up for a class, or for more information, call 777-4681.



This month’s “Program in the Spotlight” is the  
Air Force Aid Society  
The Air Force Assistance Fund



The Air Force Assistance Fund will begin its 2004 fund-raising campaign soon. The campaign was established as an annual effort to raise funds for the charitable affiliates that provide support to the Air Force family (active duty, retirees, reservists, National Guard members and their dependents, including surviving spouses) in need.

The Air Force Aid Society is the official charity of the Air Force. It is chartered to assist in relieving financial emergencies faced by active duty members and their families. It also assists Reserve and guard personnel who are on active duty longer than 30 days. On a case-by-case basis, Air Force retirees and widows are also considered for assistance. Neither the Air Force Assistance Fund nor any of its affiliates receive taxpayers' support. Air Force Aid receives no government funds of any kind. The AFAF affiliates rely primarily on voluntary contributions made during the annual fund-raising campaign. Because the AFAF campaign is geared toward Air Force people helping Air Force people directly, administrative and fund-raising costs are among the lowest in the nation. In fact, 95 cents or more of every dollar

contributed is actually spent on the mission - assisting Air Force members and their families.

As you all know, AF families are requesting help and support from the Air Force Aid Society at near record levels. Last year AF Aid helped over 30,000 people with \$22.3 million dollars worth of help; here at Hill AFB, AF Aid helped 862 families and individuals with more than \$600,000 - that's a lot of help! At the same time, Team Hill personnel donated \$70,190 to the fund drive. That's a return on our investment of \$11.68 for each dollar contributed!

AF Aid could never help so many AF families without a successful fund drive and most importantly, your strong support. When you are asked to contribute, remember AF Aid's commitment to take care of the troops and their families. That's why AF Aid exists! The military is a wonderful group of dedicated people and the Air Force is lucky to have each and every one of you providing help and assistance to our Air Force Family!

## Financial Education - Air Force Aid & Personal Financial Management

### Women, Infants, Children (WIC) Program

**Fridays, 12 & 26 March, 1400-1430**

Find out about this nutritional program for military members, based on income qualifications.



### Rebuild Your Credit

**Thursday, 25 March, 1100-1200**

If you have damaged your credit due to late payments or perhaps bankruptcy, learn the steps to rebuilding your credit.

## Family Life Education Program

### Single Parent's Group

**Wednesday, 3 March, 1130-1230**

Attend and meet other single parents with similar interests and concerns. Group plans a monthly fun activity. Open to all military and civilian single parents affiliated with Hill AFB. There is not a planned agenda.

### Step Families

**Monday, 15 March, 1130-1230**

This class will offer a “safe” atmosphere for you to ask your questions about being a stepparent. Topics covered will include stepfatherhood, stepmotherhood and stepchildren. For various reasons, over twenty million men and women are parenting children who are not biologically related. Guest Speaker.

### Teens – Eight Steps Of Parenting Discipline

**Wednesday, 24 March, 1130-1230**

An easy method will be presented on how to get your kids to do what you want and what to do when they don't. The guest speaker is an experienced marriage and family therapist who has raised a family. He is the clinical director over 70 employees at Salt Lake County Division of Youth Services.



## Transition Assistance Program

### Transition Assistance Seminar

2-4 March, 0800-1600

16-18 March, 0800-1600

This three-day workshop provides insight into job-hunting techniques, VA benefits, and more.



### Targeted Resumes

Thursday, 4 March, 1700-1830

Learn the most effective approach to get that important next step, "The Interview".

### Techniques in Electronic Resumes

Thursday, 11 March, 1700-1830

Do you know how to write an on-line resume? Come to this workshop and learn the latest techniques!



### Using the Dictionary of Occupational Titles

Thursday, 18 March, 1700-1830

The "DOT" uses standardized terms to describe nearly all jobs. This class will show you how to use the DOT to describe your skills in terms that match the specifications of job openings.

### Translating Military Skills into Civilian Terms

Thursday, 25 March, 1700-1830

Come to this class and learn how to speak "civilian" to prospective employers on your resume and in interviews.



## Employment Assistance Program

### Spouse Employment Orientation

Mondays: 1, 8, 22, 29 March, 1400-1500

Special Evening Orientation: Monday, 15 March, 1800-1900

Information will be given about the job market, salaries & what to expect when seeking employment in the area. Spouses with a four-year degree do not need to attend the Orientation-call for an appointment. No children please.



### Resume Writing

Tuesday, 2 March, 1100-1200

Here is a quick method to help you write a resume that will get you that perfect job.

### RESUMIX Workshop

Thursday, 4 March, 1100-1200

Learn the basic process and some of the tricks to filing out your resume using the resume builder program when applying for federal and Air Force civilian jobs.



### Interviewing

Tuesday, 9 March, 1100-1200

Become skilled at the basic fundamentals of successful interviewing.

### Job Search Techniques

Tuesday, 16 March, 1100-1200

Find out the key techniques to finding the job you really want.

### STAIRS Workshop

Thursday, 18 March, 1100-1200

Learn the basics on how to apply for promotions, new jobs, or change in duty location through the AFPC Civilian Employment Website or the Interactive Voice Recognition System.

### Filling Out Job Applications

Wednesday, 31 March, 1100-1200

Learn the "do's" and "don'ts" when filling out employment applications.



The Air Force Aid Society also provides funding for many community enhancement programs, such as:

Give Parents a Break  
Bundles for Babies

Child Care for PCS  
Car Care Because We Care

Child Care for Volunteers  
"Hap" Arnold Education Grant

Nursing Moms  
Heart Link

## Family Readiness Program

The Family Readiness Program assists DoD personnel and their families prepare for deployments or remote tours. This office also coordinates all arrangements for evacuated personnel arriving in the northern Utah area. By addressing emotional, financial, legal, and family issues prior to these events, as well as

providing support programs during times of separation, we can help members balance quality of life and mission readiness needs more effectively. The Readiness Briefing is offered every Monday, 0900-1000.



## Hearts Apart Program

Is your loved one TDY, Deployed or on a Remote Tour? Let the Hearts Apart Program provide you the additional support you may need during this time of separation. Provides morale calls, video teleconferencing, free E-mail access, video E-mail clips,

and digital pictures to send to loved ones. Would a break from the kids be great? Then come in and get your "Give Parents A Break" certificate. We also host a variety of fun activities! Call 777-4681 to find out about our next Hearts Apart event!

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# Relocation Assistance Program

## Kids on the Move

**Monday, 1 March, 1530-1630**

Hey, kids! Are you going to move soon? Get your Mom or Dad to sign you up for "Kids on the Move". This is a fun class where you can get together with other kids that are going to move. You'll decorate a scrapbook photo album and even get a free camera to take pictures for your photo album! For kids in grades 1 thru 6.

## Newcomer's Orientation

**Wednesdays, 3 & 17 March, 0800-1200**

**Location varies; call the FSC to verify!**

A half-day of briefings by base agencies to help the newcomer learn about the base and local area. Mandatory for all newly arrived active duty members EXCEPT first term airmen. Spouses are encouraged to attend!

## Smooth Move

**Thursday, 11 March, 1300-1400**

Are you PCSing soon? Learn from the experts how to organize & prepare for your PCS move. It will save you money! You can also call the Family Support Center to schedule a one-on-one appointment to learn how to organize and prepare for your move.



## Home Buying

**Thursday, 11 March, 1700-1800**

Are you thinking of buying a home? Want to know how to find a realtor? Want to know how to figure out what kind of house you need? Come and learn about what those real estate listings mean and pick up some basic tips of home buying.

Did you know? If you're within 60 days of your PCS date (arriving or departing) you can get a certificate for Child Care for PCS. The Air Force Aid Society will pay for 20 hours of childcare, per child, at participating Family Daycare homes. This program is open to all ranks, and can be used at both your "old" and "new" bases. Bring a copy of your PCS orders to FSC Relocation personnel to get the certificate and list of participating Daycare providers!

## Initial Sponsor Training

**Tuesday, 16 March, 1300-1330**

## Refresher Sponsor Training

**Tuesday, 30 March, 1300-1320**

AFI 36-3011 requires that all first-time sponsors, and those who have not sponsored a newcomer in the past year attend sponsorship training. Sponsorship training can help you be the "perfect" sponsor! Guidebook and information provided. Spouses are welcome; call if you want to schedule a one-on-one appointment!

**We can take Sponsor Training "on the road" and present it in your unit, at your convenience! Call 777-4681 for more information.**



## Meals in Minutes

**Thursday, 18 March, 1700-1800**

Living with limited cooking facilities? Come to this class and get recipes for quick and easy meals you can make in an electric frying pan, crock pot, microwave, or in one pot on the stove! We will make a meal and sample it in this one-hour class.



## Singles Get Together (Age 35+)

**Friday, 19 March, 1800-2100**

Are you single, 35 years old or older, tired of doing things alone, and want to meet some new friends? Get out of your house, learn about the variety of free workshops available, and come join in the fun! We will all meet at the Family Support Center and go out to a local restaurant for some great food and good conversation! Please call to sign up.

## Utah's Best Kept Secrets Off the Beaten Path

**Tuesday, 30 March, 1700-1800**

Are you new to Hill AFB? Been here awhile and looking for different things to do? There's more to Utah than Temple Square! Come to this seminar and discover fun things to do and places to see that only the "locals" know about! You'll leave with information and a bunch of great ideas to keep you busy the entire time you're stationed here. Seating is limited - call and sign up early!



## Information & Referral



Do you have a question or concern? The I&R program assists all Team Hill members by providing information about agencies and organizations that offer a variety of community services. We link people

who need assistance with the appropriate service providers. No matter how large or small your question, the Information & Referral program is your resource to get answers.

## Airman's Attic - Building 150

**Hours:** Open 6 hours a day, Monday through Friday  
Call 586-2699 for exact hours

Donations of serviceable clothing and small household items are welcome during open hours. The Attic is open to active duty

members and their immediate families E-5 and below; Tuesdays are "all ranks" day - please bring a donation for the Food Pantry if you're above E-5 or civilian.













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# Family Support Center – March 2004

Classes open to active duty military and retirees, DoD civilians, and their families. To sign up for a class, call 777-4681.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Readiness Briefing 0900-1000 Spouse Employment Orientation 1400-1500 Kids on the Move 1530-1630	2 Inprocessing 0800 Resume Writing 1100-1200	3 Newcomer's Orientation 0800-1200 Single Parent Group 1130-1230 Finance Outbrief 1300	4 RESUMIX 1100-1200 Targeted Resumes 1700-1830	5 Inprocessing 0800 	6 Michelangelo born, 1475
		2-4 March - TAP Seminar, 0800-1600, call 777-4681 to sign up				
7 Albert Einstein born, 1879 	8 Readiness Briefing 0900-1000 Spouse Employment Orientation 1400-1500	9 Inprocessing 0800 Interviewing 1100-1200 	10 Finance Outbrief 1300  Johnny Appleseed Day 	11 Smooth Move 1300-1400 Home Buying 1700-1800 Electronic Resumes 1700-1830 	12 Inprocessing 0800 WIC 1400-1430	13
14	15 Readiness Briefing 0900-1000 Step Families 1130-1230 Evening Spouse Employment Orientation 1800-1900	16 Inprocessing 0800 Job Searching 1100-1200 Initial Sponsor Training 1300-1330	17 Newcomer's Orientation 0800-1200 Finance Outbrief 1300 Happy St. Patrick's Day 	18 STAIRS 1100-1200 Meals in Minutes 1700-1800 Using the DOT 1700-1830	19 Inprocessing 0800 Singles Get-Together 1800-2100	20 First day of spring! 
		16-18 March - TAP Seminar, 0800-1600, call 777-4681 to sign up				
21	22 Readiness Briefing 0900-1000 Spouse Employment Orientation 1400-1500	23 Inprocessing 0800  First episode of "Truth or Consequences" airs on radio, 1940 	24 8 Steps of Parenting Teens 1130-1230 Finance Outbrief 1300	25 Rebuild Credit 1100-1200 Translating Military Skills 1700-1830	26 Inprocessing 0800 WIC 1400-1430	27 Fingerprint evidence used to solve a British murder, 1905
28 	29 Readiness Briefing 0900-1000 Spouse Employment Orientation 1400-1500	30 Inprocessing 0800 Refresher Sponsor Training 1300-1320 Utah's Best Kept Secrets Off the Beaten Path! 1700-1800 	31 Filling Out Job Applications 1100-1200 Finance Outbrief 1300	The Shamrock There's a dear little plant that grows in our isle, 'Twas Saint Patrick himself, sure, that set it; And the sun of his labor with pleasure did smile, And with dew from his eye often wet it. It grows through the bog, through the brake, through the mireland And they call it the dear little Shamrock of Ireland -Irish Blessing 